



FAMILY PLANNING AND PREGNANCY

Should Zika affect my family planning decisions?

For most people in New Hampshire, the risk of Zika is extremely small. However, if you or your sexual partner have traveled to a Zika-affected place within the past six months, talk to your healthcare provider about getting tested for Zika before beginning your pregnancy. In the meantime, it's recommended that you use birth control, condoms, or abstain from sex (oral, vaginal, or anal) until the possible virus exposure has passed – up to six months after your exposure.

I'm pregnant and I'm worried I might have Zika.

If you or your sexual partners haven't travelled to a place with Zika, you probably don't have Zika. If you or your sexual partners have been to a place with Zika in the last six months, talk to your health care provider about testing. Until then, use condoms or don't have sex (oral, vaginal, or anal). Other forms of birth control will not prevent sexual transmission of Zika. You can also check the [CDC guide for pregnant women who traveled to an area with Zika](#).

I don't know how to find a healthcare provider. I'm worried about the cost of testing, birth control, etc.

New Hampshire has many health clinics that give low-cost or free family planning and healthcare services. To find out how to reach the clinic near you, click here:

<https://www.dhhs.nh.gov/dphs/bchs/mch/documents/familyclinics.pdf>. You can also find them on a map by clicking here:

<https://www.dhhs.nh.gov/dphs/bchs/mch/documents/fpclinics-2015.pdf>. More information about New Hampshire's Family Planning Program and community health agencies can be found here: <https://www.dhhs.nh.gov/dphs/bchs/mch/family.htm>.

My healthcare provider confirmed that I have Zika. What does this mean for my pregnancy?

If you are pregnant and testing has confirmed that you have Zika, it's very important that you follow up with your healthcare provider as soon as possible. They will counsel you on your next steps, possible outcomes, and monitor the health of your baby. They may recommend ultrasounds every 3–4 weeks to assess fetal anatomy and growth.

A positive test result for Zika does not mean that your baby will have birth defects. However, Zika virus infection during pregnancy can cause an abnormally small head and brain (microcephaly), and other severe brain or birth defects in some babies, so it is important to receive the appropriate care. Also, not all Zika-related birth defects are

New Hampshire Department of Health and Human Services
Zika Virus Resource Guide



noticeable at birth so your baby should be monitored closely for any concerns after birth by his/her healthcare provider for the first two years of his or her life.

National Zika Pregnancy Registry

The CDC developed the US Zika Pregnancy and Infant Registry to learn more about the effects of Zika virus infection (Zika) during pregnancy and about the growth and development of babies whose mothers had Zika while pregnant. New enrollment into the registry was discontinued as of March 2018, but follow up on already enrolled women and infants will continue. The CDC collects health information about Zika among pregnant women and babies across the United States for the Registry. The CDC, health departments, doctors and healthcare providers will further use the information from this registry to educate state and local health departments on how to help pregnant women, children, and families affected by Zika. To learn more about the pregnancy registry visit the following website:
<https://www.cdc.gov/pregnancy/zika/research/registry.html>.

CDC's Response to Zika
US ZIKA PREGNANCY REGISTRY
WHAT PREGNANT WOMEN NEED TO KNOW



What is the purpose of the registry?
CDC developed the US Zika Pregnancy Registry to:
• Learn more about the effects of Zika virus infection (Zika) during pregnancy.
• Learn more about the growth and development of babies whose mothers had Zika while pregnant.
CDC will collect health information about Zika among pregnant women and babies across the United States for the Registry. CDC, health departments, doctors and healthcare providers will use the information from this registry to help pregnant women, children, and families affected by Zika.

Who is being included in the registry?
Pregnant women in the United States and US territories (except for Puerto Rico) with laboratory evidence of possible Zika virus infection (regardless of whether they have symptoms) and their babies can be included in the Registry. Puerto Rico has established a separate Zika Active Pregnancy Surveillance System (ZAPSS).

What will be done with the information collected?
The information your doctor or other healthcare provider shares will be added to the Registry with information about other pregnant patients with Zika, and the babies born to these mothers, to help CDC and health departments develop a clearer understanding of how Zika affects pregnant women and their babies. CDC has obtained an Assurance of Confidentiality to protect the information in this registry that could identify you or your baby. CDC cannot share this information with anyone without your permission, even if an official of the court, government, or law requests it.

What do I have to do to be in the registry?
You will not need to do extra paperwork, go to extra appointments, or have extra tests to be part of the Registry. If your healthcare provider is participating in this Registry, she/he will share information about your health with your health department and the CDC. Your health department and CDC will work with your doctor and other healthcare providers to collect all of the information needed. For this Registry, your health department and CDC will:
• Collect information about you and your baby around the time the baby is born, and
• Contact the baby's doctor or other healthcare provider to collect information about the baby's growth and development up to his or her first birthday.
If you change doctors or healthcare providers, please refer the new healthcare providers to CDC's US Zika Pregnancy Registry webpage.
As established in the HIPAA Privacy Rule (45 CFR 164.526), you have the right to request from your healthcare provider an accounting of the disclosure of your protected health information at any time.

What if I have questions?
• For more information about the Registry, visit CDC's Registry webpage (<https://www.cdc.gov/zika/pregnancy/registry.html>) or contact CDC-INFO by calling 800-232-4636 (TTY 888-232-4348) or submitting an online inquiry (<https://ask.cdc.gov/zika/ContactUs.aspx>).
• If you have questions about testing for Zika virus infection, please contact your healthcare provider.
• If you would like to speak to someone about a possible Zika virus infection or diagnosis during pregnancy, Mother to Baby experts are available to answer questions in English or Spanish by phone, email, or chat (<https://mother2baby.org>). The free, confidential service is available Monday - Friday from 8am - 5pm (local time).
How much does this cost?
Being in the Registry will not cost you any money.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

More Resources From the CDC

- [For Pregnant Women: A Positive Zika Virus Test - What does it mean for me?](#)
- [What to know if your baby is born with Congenital Zika Syndrome](#)

Quick Tips for Pregnant Women with a Positive Zika Test



what you can do...

... before your baby is born

Consult a maternal fetal medicine specialist.

... when your baby is born

Remind your pediatrician you had Zika while pregnant.

More Information

For more information about Zika during pregnancy, visit
<https://www.zikacareconnect.org/your-pregnancy>